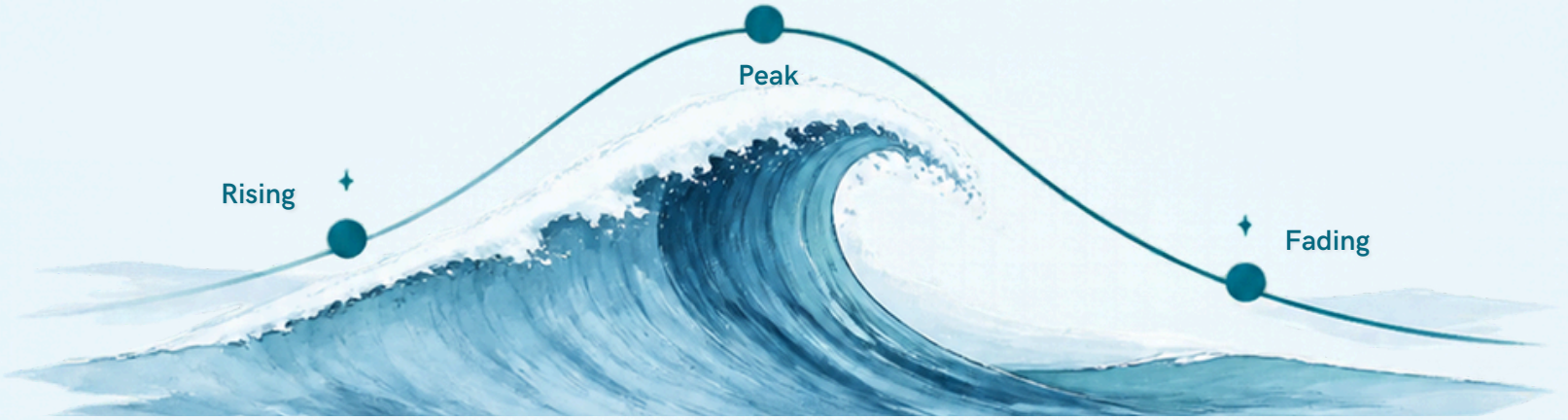
Urge Surfing



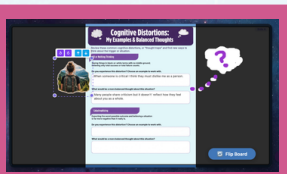
An urge is like a wave. It builds, peaks, and eventually passes. You can notice it without acting on it.

Try riding the wave

1. Pause and notice the urge.
2. Name what you feel in your body.
3. Breathe and observe as the intensity changes.
4. Let the wave pass without judging yourself.

What urge am I noticing?

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Urge Surfing Practice



Circle beginning urge intensity: 0 1 2 3 4 5 6 7 8 9 10

What triggered the urge?

Where did I notice it in my body?

How did the urge change over time?

What helped me ride it out?

Circle ending urge intensity: 0 1 2 3 4 5 6 7 8 9 10

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